

## Program Description

The Long Island Parenting Institute uses research proven curricula and approaches to teach, support and empower families from all backgrounds and cultures. A wide range of multi-session classes and one-day workshops are provided for parents which address parenting techniques for children of all ages. Parents who seek parenting education come from all walks of life and all venues, including parents who are mandated by the courts to attend a parenting education program. Research has shown that parenting education programs have a positive impact on enhancing family relationships, making parenting education a worthwhile investment of time for all parents. Promoting informed, caring, consistent and positive parenting is central to creating safe and supportive environments for children.



*The mission of the Long Island Parenting Institute is to enhance outcomes for children by helping parents of children of all ages learn and practice effective parenting skills.*



EAC Network is a not-for-profit human service agency with 70 programs throughout Long Island and the New York metro area and has been providing human service programs in the fields of aging, youth, families, education, and criminal justice since 1969. Last year EAC Network helped over 71,000 people.

**Lance W. Elder**  
President & CEO

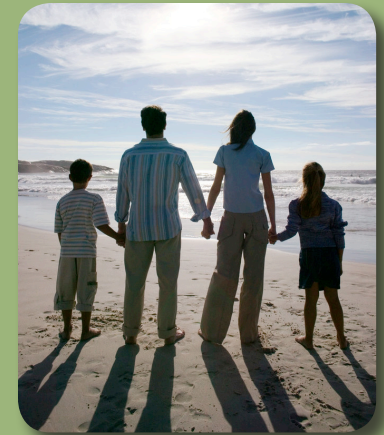
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Helping parents learn and practice effective parenting skills.

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## Classes Provided at the Long Island Parenting Institute:

### Bright Beginnings

This interactive class, developed by the Ackerman Institute, is designed to encourage and facilitate healthy, emotional attachments between parents and children. Classes are facilitated by trained parent educators who also meet with parents individually to assess strengths and needs. Workshop facilitators observed many positive outcomes from the parents who participated, including a stronger bond with their child and an increased ability to recognize and respond to their child's emotional needs.

Comments from parents in  
***Bright Beginnings:***

*"I feel better and more knowledgeable as a parent."*

*"The parenting techniques I learned in this course changed our lives. The most valuable lesson I learned was that parenting is all about being consistent."*

*-Stephanie S.*



### Common Sense Parenting

Developed by Girls and Boys Town, **Common Sense Parenting** is a research-based parent education curriculum taught across the United States, as well as in several other countries around the world. The class is designed for parents with children ages 18 months to 18 years old and is offered in English & Spanish. It teaches parents

positive and effective ways to increase their children's positive behaviors, decrease negative behaviors, and encourage appropriate alternative behavior. Parents responded positively to the use of new techniques learned in the workshop, asking questions about their children's behaviors and sharing stories of their success with implementing skills learned in class. A resounding 100% responded they would recommend the class to other parents.

*"Taking the **Common Sense Parenting** class taught me there are so many different ways to deal with real life situations that occur with our children. Staying calm and giving lots of kid reasons with positive reinforcement are the tools I learned with this program!"- Robert N.*



### Workshops

The Long Island Parenting Institute offers weekly, one-day workshops covering topics of interest to all parents, such as:

- Communication
- Cooperative Parenting
- Positive Discipline
- Self Esteem
- Setting Limits

We also collaborate with other agencies and institutions on Long Island to offer much needed support for families and research-based parenting education programs.



Please call to register  
for upcoming classes &  
workshops:  
**(631) 737-9384**